

Abstract of the Disclosure:

A magnetic disk 10 has a disk substrate 1 and an exchange coupling film 5 which is formed thereon and which has a first magnetic layer 5a, a second magnetic layer 5c, and a spacer layer 5b interposed between the first and the second magnetic layers 5a and 5c. The spacer layer 5b has a surface roughness Ra not greater than the thickness of the spacer layer 5b, where Ra is representative of a center-line-mean roughness.